

SRWC
Take a look at CSULB's newest campus treasure.

DIG magazine

6



DIG magazine

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BY **GRAHAM DAVIS**

EDITOR'S LETTER



Another chapter begins

Remember those first days of school? The days of the endless brake lights and crowded parking lots congesting our campus and adding unnecessary stress to a rushed first day.

Thanks to the spring of 2009 opening of a new parking lot on the east section of campus, we'll now stroll into school on the first day comfortably, with plenty of space for cars and no threat of tardiness keeping you from crashing that three-unit elective that will seemingly make or break your semester.

The start of school reminds me of the steps we take each and every year to improve our university and make it one of the most applied-to schools in the country. This year, the Student Recreation and Wellness Center (SRWC) will be unveiled; a 126,000-square-foot, two-story, state-of-the-art recreation facility located on the east side of campus.

There will be basketball, rock-climbing, beach volleyball, swimming—not to mention a fresh-foods café that will keep the calorie-counters satisfied.

In this issue we'll take an in-depth look at what the SRWC has to offer to students, and what it will mean for our campus in the 2010-2011 school-year and beyond.

Also included is a preview on the women's soccer team, which features a strong balance of younger players, seasoned returners, and welcomed transfers.

Don't forget to check out our feature on The Green, a reggae group out also out of Hawaii that toured with Surf Roots for the first time this summer.

For those of you looking for a new lunch spot, look no further than Angelo's Deli, a diamond in the rough off of Second St. that some say is the best sandwich in Long Beach.

And finally, we share our Cal State Long Beach campus tips; new students can take notes and returning students can have a laugh at some of our campus's unique quirks (yes we're looking at you, narrow gap near Brotman Hall).

Happy school year everybody

Graham

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Calendar
All of your campus and local events.

16

Contents September 2010

4 **Opinion**
A senior takes you through the ins and outs of campus life.

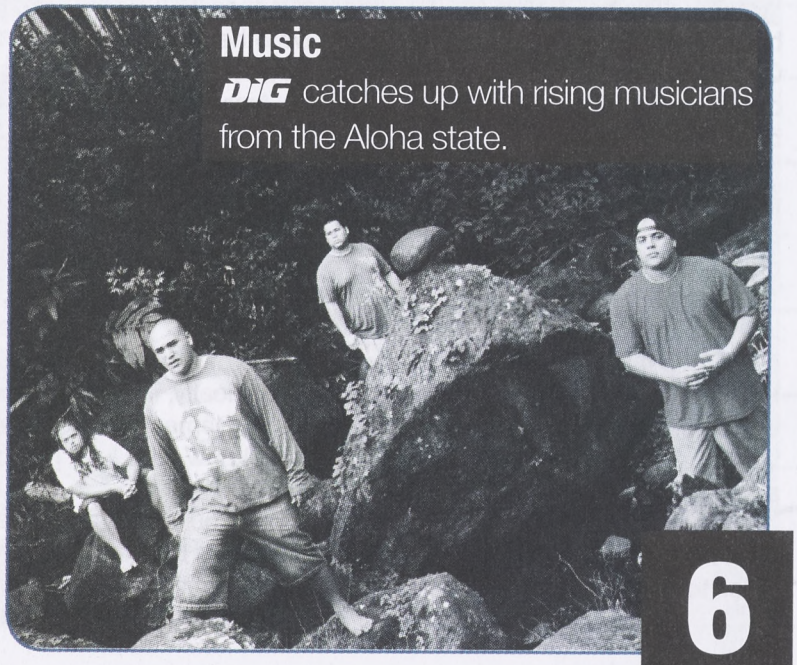
5 **Campus Sightings**
Take a glimpse at CSULB's off-campus residence.

8 **Sports**
See why the 2010 49er Women's Soccer team is looking to hit the ground running.

10 **SRWC**
An introduction to CSULB's state-of-the-art recreation center.

14 **Scene**
Angelo's Deli brings its own slice of Italy to Second St.

Music
DIG catches up with rising musicians from the Aloha state.



6

Ten things new students REALLY need to know about CSULB

By Jessica Mefferd

Coming into college, you've been given countless pieces of advice from family, friends, teachers, mentors and even strangers—most of which is redundant. Some of the advice you have received has been about college in general and some specifically about CSULB. Since I'm sure you've had enough hearing about parking, finding your classes and how to interact with your professors, take some advice from someone who really knows her stuff: a fifth-year senior. I've compiled a list of tips you really need to know for the next four (or five) years here at The Beach.

1. While book shopping, keep your options open. For those of you who have already bought your books, you're aware of the damage it does on your life savings. I'm not telling you not to buy your books at the CSULB bookstore, but keep in mind that you have other options. Certain options may save you some money, and those options may just be off campus or online. Anyways, our bookstore is great!

2. Avoid Friday classes at all cost. You were probably forced into taking a Friday class this semester. You will quickly learn that you must choose between a passing grade and Thursday night. From my own experience, Thursday nights usually win that battle--make this the last Friday class you ever have to take.

3. Get a 4.0 the easy way. There is a rumor of a "4.0 Hill" on the grass down East Campus Dr. Basically, if you barrel roll down the hill in the beginning of the semester, you'll get a 4.0. I've never tried it, so I don't know if it's actually true. Then again, I've never had a 4.0.

4. Beware of the stair. Throughout campus you will notice extremely awkwardly sized stairs. They're too small to take one step at a time and too long to skip a step. You'll feel and look ridiculous whichever route you choose (twinkle toes or big foot), but remember that everyone else does too.

5. Some shortcuts aren't that short. Resist the urge to walk though the "shortcut crevice" walking toward the Student Union from the Brotman Hall round a bout. Everyone has the same idea as you and it'll save you about five minutes by just walking around that god-forsaken pillar.

6. Take a different route to class. If you're late for class on upper campus, skip the escalators and walk up the hill behind the bookstore. This will help you avoid crowds, resist the urge to get Starbucks, skip that awkward conversation with an acquaintance that's always outside of the food court, and steer clear of persistent solicitors.

7. Enjoy a beer on campus…once you turn 21, of course. The Nugget Grill and Pub is a great place to eat, hang out, and, most importantly, is the only place on campus that serves beer and wine. It's conveniently located on upper campus, so it comes in handy after (or before) a stressful test or presentation.

8. Next year, get a new pad. As much fun as you're having in the dorms, they're only cool your freshman year. Have fun in there while you can and use this time to find a better roommate for your apartment next year.

9. If you see recent alumni, thank them. For the past few semesters, there have been numerous tuition increases in order to build this immaculate Student Recreation and Wellness Center you're probably enjoying daily. The same people who were forced to fund the center must now also pay a fee to use the facility because of their alumni status. Enjoy!

10. Get involved. This piece of advice may sound cliché, but if you've found my shared wisdom to be helpful thus far, you'll listen to me now. Join a club, play an intramural sport, rush a fraternity or sorority. Try something new and have something more than a G.P.A. to show for the four (or five) years you're here. If you do, this will be the best four (or five) years of your life.



Schuyler Surkosky -- Freshman
"I'm really excited to be in California because I am from North Carolina."



CSULB Off-Campus Dormatories

What are you looking forward to this year?



The dining commons where residents can gather to get breakfast, lunch and dinner.

Cody Gildea -- Freshman
"I'm looking forward to making new friends, getting some freedom and an education."



Formerly Brooks College is now home to CSULB on Pacific Coast Highway just minutes from campus



The color of inspiration



Through success and frustration, a group of four friends from Oahu never forgot the origin of their musical roots.

By **Alexis Fuller**

It all started in Oahu, where close friends Ikaika Antone, Zion Thompson, J.P. Kennedy and Caleb Keolanui jammed together and went surfing on the weekends. Music was ultimately their higher calling, and the group formed a band called The Green, which has led to fun-loving reggae music inspired by the island.

The newly formed band is about a year old, even though the members of The Green have played together for several years prior. The songs that are on the album were originally not recorded for The Green, because the band did not yet exist.

"We've been recording songs that ended up on the first album for the last three years," said Antone. "When we decided to finally form the band and do something together, those are the songs we were already comfortable with."

The songs recorded in various jam sessions and get-togethers seem to capture what The Green is all about, which is living life every day and allowing things to fall nicely into place on their own.

"We all had a similar direction, but we weren't grouped together yet," said Thompson. "We were all just kind of cruising through life, and then realized we were ready to do something."

Before The Green became a huge success, the current members of the band were involved in music in different ways. Thompson was playing with Mystic Roots, a California based reggae/hip-hop band. He was able to contribute more of the rootsier style of reggae that is so popular in Hawaii.

"Their promoters were good friends of mine who I used to paddle surf with back in Hawaii," said Thompson. "One of the things I love about Mystic Roots is that we could go into some deep heavy funky groove and then drop right back into some traditional reggae and do it correctly."

Thompson was not the only band member eager to get his foot in the music door. Prior to joining The Green, he teamed up with Ikaika during stints with small bands THC and Humble Soul. Keolanui found his original music niche as a full-time keyboarder and vocalist for the band Stir Crazy

Keolanui and Kennedy worked together prior to The Green, as they co-founded a music group called Next Generation. While helping to release Next Generation's first album "Let's Rock", they expressed their musical talents while playing keyboard in the band.

The origin of name of the band reflects the land that they call home, a sort of homage to the beauty and serenity of the nature around them. To the band, it means the land and the people, but

The Green is meant to be ambiguous enough for anybody to enjoy their own interpretation.

The color symbolization itself stems from the importance of green, red, and gold in reggae and Rastafarian culture. Red is the blood of the people, gold represents greed and money and green is land. The band held their roots closest to the heart, so the name The Green came naturally.

"Being on the road, at home, or living in Hawaii, you can look out your window and see things that inspire you," said Antone. "Every living moment of our lives serves as inspiration for our lyrics and performances. And we live for right now, this very moment."

At this particular moment, the band members are thrilled to be on the Surf Roots tour organized by Resin Music. Touring with Surf Roots for the first time, The Green is enthusiastic to travel with other reggae-inspired artists.

"It's awesome, it's what we've always wanted to do," said Thompson. "We would love to just get out of Hawaii and spread our music all over the world--that's really our goal."

The Green members found their first time traveling on tour to be a humbling experience. Coming to Los Angeles was a culture shock for the new band, adapting to playing music in unfamiliar places where so much history has taken place, like at the Roxy Theatre.

"It's like you get to see the good and the bad of what it is like to be a musician," explains Thompson. "Being here tonight at the Roxy is surreal, because Bob Marley and the Wailers who I've always listened to have played here live."

Thompson wasn't the only one in awe of his idol. The rest of the band members look up to Bob Marley as one of the most influential reggae artists of all time and a major inspiration to their music, so it was a surreal experience for the band to perform on the same stage he once stood on.

"We go in our dressing room, and you can stand in the same spot Bob Marley stood in. And there's a picture of him standing right in that spot," said Antone. "Not many performers can say they've had the opportunity to perform on the same stage as their idol; we definitely feel very privileged."

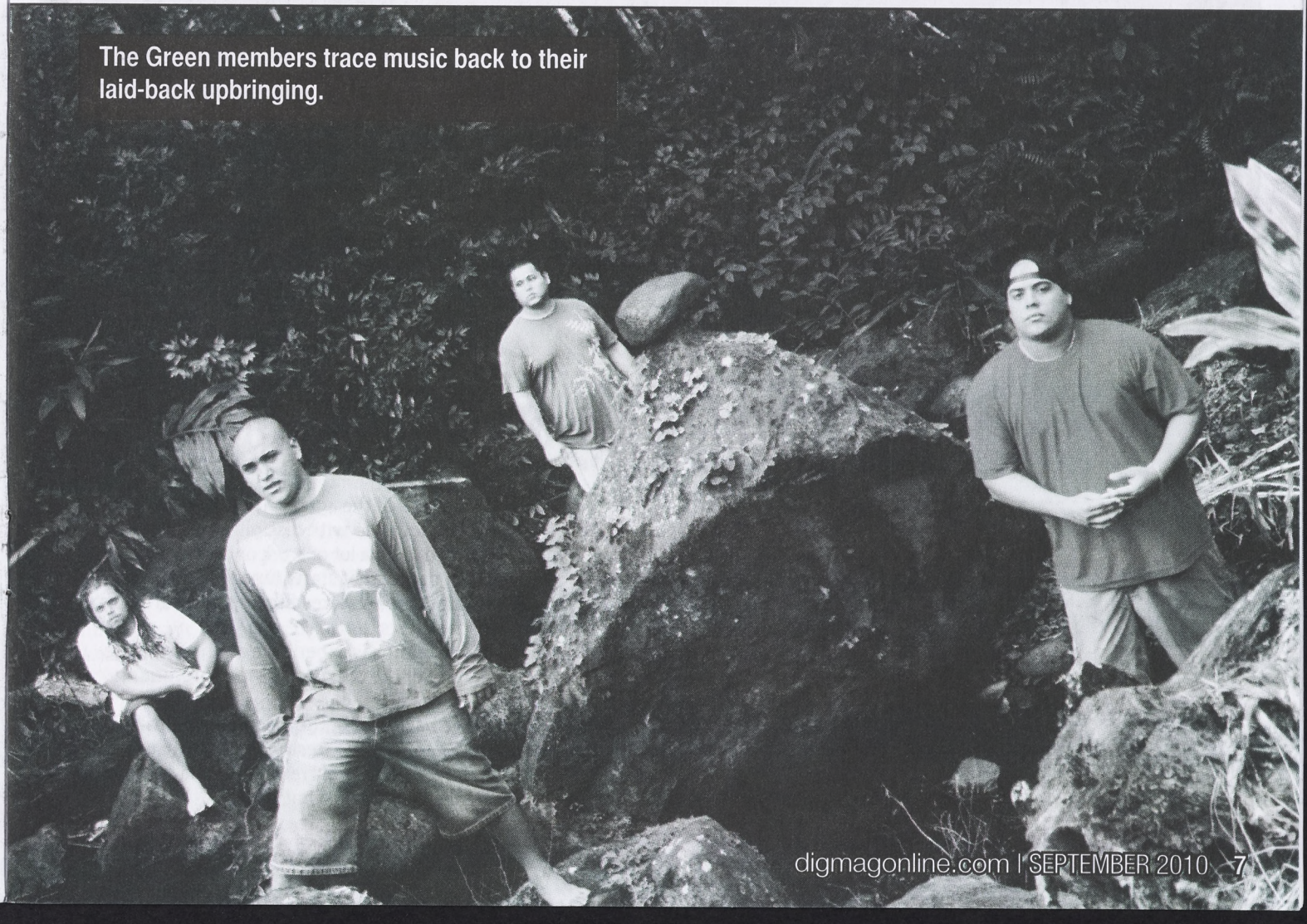
Taking life as it comes, one day at a time, The Green stay humble and hope that their music will attract more listeners and supporters along the way. Although reggae is a small genre of music with a lot of the same sounds, The Green hopes that the Surf Roots tour will help people notice a different type of island vibe.

"We knew that the Surf Roots tour would help to propel us into the mainstream," said Thompson. "With any show, we hope that people are just open-minded and get something out of our performances."

On the island, surfing and reggae go hand in hand, which is why a lot of The Green's fans tend to be surfers. However, their music is appealing to a much wider audience, with messages expressing personal feelings that emotionally connect listeners who may have shared similar life experiences.

"The whole lifestyle of surfing originated in Hawaii, and with the music, it's like a package deal," said Antone. "But anybody can relate to it, it just has a message of love and positivity."

No matter where the tide takes them, The Green hopes that its music inspires people to be happy and carefree, and that the band's positive energy and island roots will keep listeners grounded wherever they go.



The Green members trace music back to their laid-back upbringing.



Lindsay Bullock goes up against a San Diego State Defender at an exhibition game at George Allen field on Aug. 14.

Born to run

How a rigorous off-season has the 49er Women's Soccer team thinking conference title

By **Kaylinn Penardi**

The Long Beach State women's soccer team kicked off its fall season Aug. 20 with a tough loss at home to Brigham Young University. The 49ers are looking forward to a rigorous season with long road trips and back-to-back matches.

Watching them practice on a sunny August morning at George Allen Field, you can see the hard work and conditioning the players have done earlier in the summer really shows.

"Preparation for the season is going well," says Mauricio Ingrassia, head coach of the 49ers. "The first part of their preparation has a lot to do with discipline over summer. They are expected to do a lot of work on their own. They receive a fitness packet that starts June 1. When practice starts they must complete three fitness tests. All of the team passed their tests."

This year, the team has experience as an advantage, with the majority of the team composed of returning players from last year.

"This year we have a lot of the pieces of the puzzle back. We have only four incoming freshmen this year, whereas last year there were 18 new players," Ingrassia said. "We're looking to hit the ground running."

And running they do. The first portion of their preseason practice involves two hours of running, conditioning and weight room training. The second two hours is tactical training, in which the team is divided in half and plays scrimmages against each other. This is where the teamwork really shines through.

"Everyone really encourages each other," said senior midfielder Lindsay Bullock. "We are already fit as a team, so we can work more on possession and tactical touches."

Bullock has played a major role on the 49ers, having been a key scorer all four years, earning conference titles and ranking among the top career leaders for game-winning goals, shot attempts and points. After such a successful career, her last year looks promising as well, and she is confident the legacy will continue.

"This will be a good season, and a chance for the seniors to go out with a big bang," Bullock said. "The freshmen this year are very strong, and a couple will be competing for starting positions this year."

One of them is Tori Baldridge, a freshman defender from Crescenta Valley H.S. She is enthusiastic to begin her first season as a 49er.

"I look forward to every practice," Baldridge said. "Everyone works hard and really pushes each other."

This year the team has come together after last season, which proved to be a little more challenging.

"I feel like last year was a rebuilding year; we were rebuilding our identity," Bullock said.

Bullock feels the team is ready to earn another Big West conference title this year. They were consecutive title winners from 2006-2008, and are looking to earn the title back this year.

Two new additions this season are assistant coaches Jeff Joyner and Laura VanWart. Joyner has worked with the team before, in 2005 and 2006. VanWart comes from St. Mary's, where she was a volunteer coach.

The last spring season came as a way for the team to sharpen and hone the skills they have, and to use them to build the team that is now established due to the hard work.

"The spring season we take with a grain of salt," Ingrassia said. "But it's a great time to establish parameters and the team culture, and the work ethic."

After seven years of coaching the women's soccer team, he acknowledges that this fall season will be short and grueling, with a lot of travel. The important thing, he says, is for the players to not get ahead of themselves.

"We take each game one at a time," he said. "Soccer is a funny game--we don't always get what we want, but we stay humble and work as hard as we can each day and those days add up."

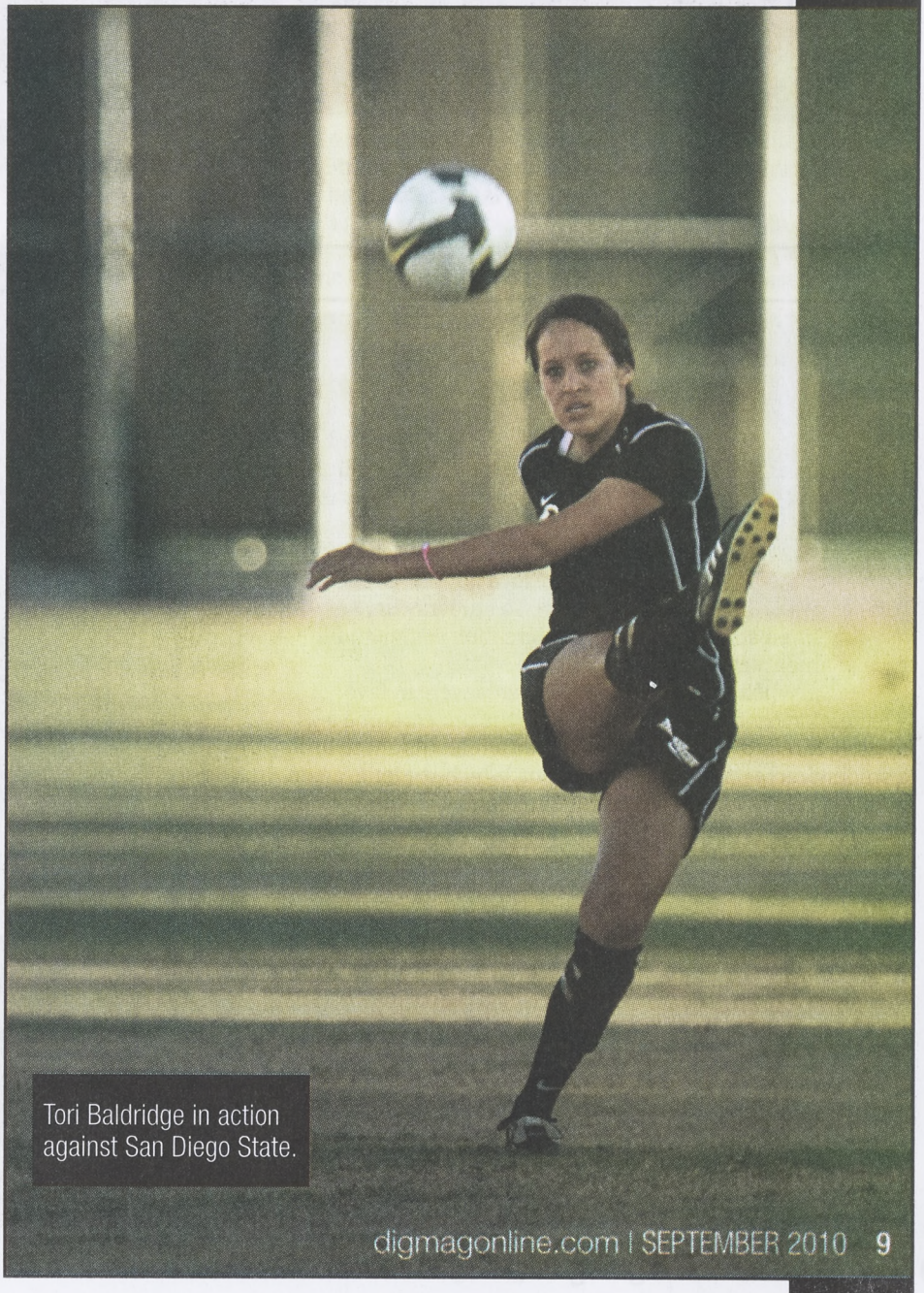
The season began with an exhibition game against San Diego State at Cal State Long Beach's own George Allen Field on Aug. 14. The 49ers fell 2-1, with the lone point made by Lindsay Bullock in the 59 minute when she headed the ball into the goal. Attempts were also made by senior Karina Camacho and sophomore Nadia Link.

Ingrassia said although they didn't win, the game was an opportunity to see what improvements could be made before the season opening.

"It exposed us to a couple areas of improvement that we addressed this week," Ingrassia said. "In general, it provided good information that we can work on."

After falling to BYU in the opening match, the team bounced back nicely with a 1-0 victory at Fresno State. With temperatures reaching triple digits, Link came through with a clutch game-winning goal to send the team home on a good note.

The team hosts Sacramento State on Sept. 5 before traveling to Saint Mary's, California and University of Nevada-Las Vegas for road matches.



Tori Baldridge in action against San Diego State.

DIG SRWC

INTRODUCING

THE STUDENT RECREATION AND WELLNESS CENTER

By Graham Davis

In the early part of the decade, Associated Students, Inc. (ASI) members pondered what a large recreational facility could bring to the campus of Cal State Long Beach. Student recreation centers had become a growing trend for California schools, and the dream of one at The Beach left ASI members giddy.

However, the economic climate wasn't fit at the time for such an extravagant project, and the idea got put on the backburner. In 2004, ASI administered a student survey gauging interest in an on-campus recreation center and the type of amenities it would bring.

The overwhelming majority of students were in favor of a recreation center, which finally gave the project some legs moving forward. In 2007, ASI proposed a referendum to bring a student recreation center to campus, which students again emphatically favored. The referendum passed and the project was on its way.

On Aug. 30, the dream finally came true, as the Student Recreation & Wellness Center (SRWC) opened up on the East end of the Long Beach State campus after much anticipation and preparation. The SRWC is located on the street off of Palo Verde Ave., and is adjacent to the parking structure that opened in Spring 2009, which makes parking convenient.

The 126,500 sq. ft. cathedral cost $63 million and is large enough to hold 2,000 people. The SRWC combines a contemporary look with innovative and sustainable technological enhancements and an overbearing feeling of power. Every room, window, wall, court and screen is physically large, and the SRWC itself dwarfs recreation centers at the majority of schools throughout the state as well as any local gym students may have gone to in the past.

Quick Facts

Name: Student Recreation and Wellness Center
Size: 126,500 sq. ft.
Capacity: 2,000 people
Cost: $63 million
Employees: 200 students, 7 full-time staff
Sections: 4
Lockers: 600 digital lockers
Equipment: 180 pieces of work out equipment
Student fees: Fees included in student tuition -- $116 per semester (fall/spring) $88 (summer)
Hours: Mon-Thurs 6 a.m. - 12 a.m.
Fri 6 a.m. - 9 p.m.
Sat 7 a.m. - 5 p.m.
Sun 10 a.m. - 10 p.m.
Phone: 562-985-4834

"We're one of the largest, if not the largest recreation centers in the CSU system," said Meredith Chace, SRWC Graduate Assistant. "The wellness center is set to be silver-certified by Leadership in Environmental Energy (LEED), which upholds us to a strict set of rules that make us one of the most sustainable recreation centers in the state."

She's not kidding. The SRWC was built on the grounds of an old parking lot, and the foundation was created through pulverized asphalt that originally had been the top layer of the parking lot.

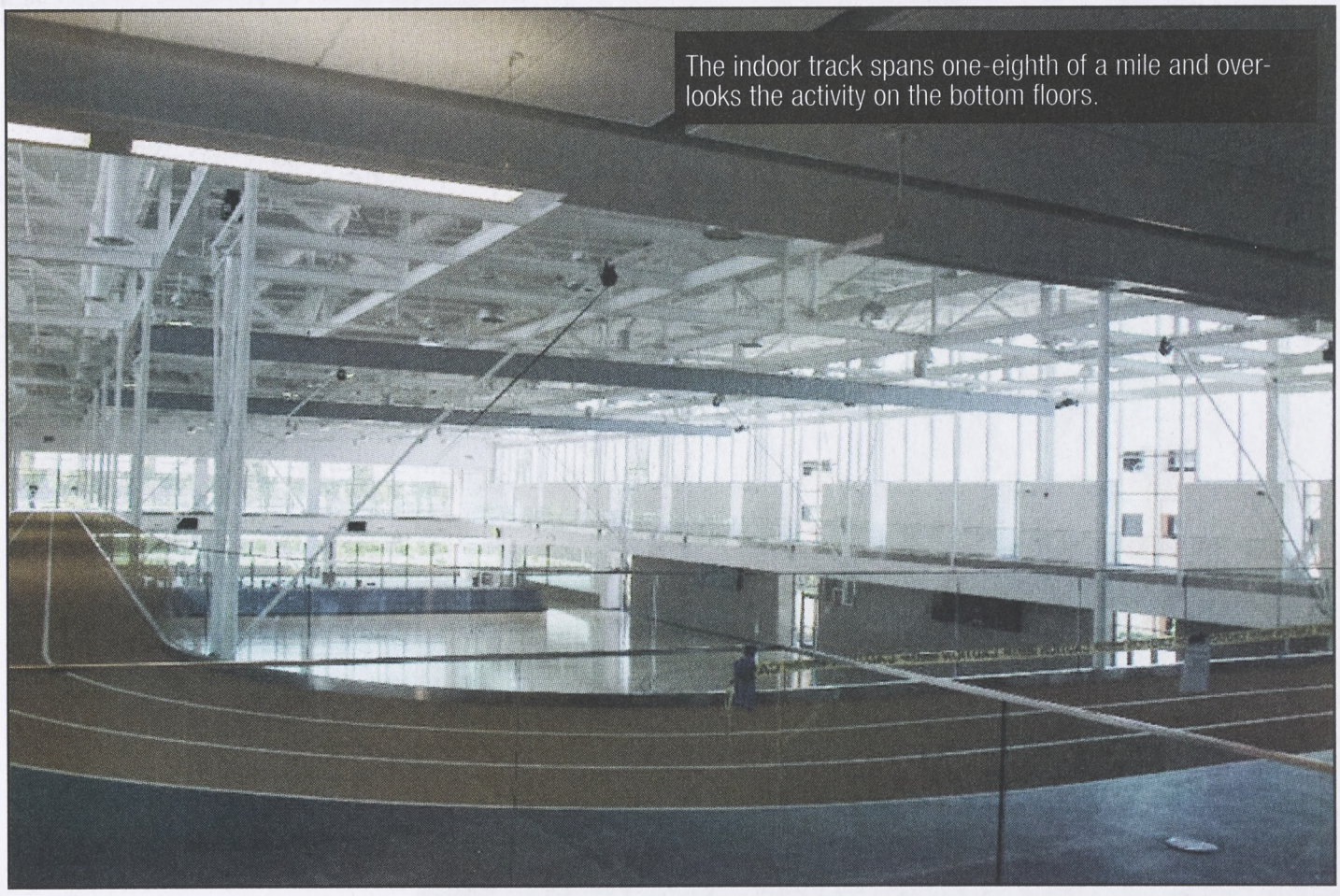
The SRWC also uses reclaimed water for irrigation, waterless urinals, recycled lumber and adjustable lights that brighten as the day grows darker. There are also broad windows throughout the center that help illuminate rooms through natural light, which saves energy and keeps the electric bill down.



The SRWC isn't limited to fitness and health--the recreation pool offers an area to hang out and enjoy the sun.

The facility is paperless, using digital information kiosks and widgets to relay any information that would normally be on a flyer or in a notebook. For example, if a student is interested in a personal trainer, the widgets show the list of trainers available as well as their professional profiles.

There's no need for a card key or gym pass to get in; all it takes is your right hand. At the entrance of the gym are four Biometric hand readers, which identify a student based on the



The indoor track spans one-eighth of a mile and overlooks the activity on the bottom floors.

shape of the hand and the pressure applied; and no, these are not fingerprinting devices.

There are several rooms throughout the SRWC that are dedicated to cardio machines, which each have a personal TV with DirecTV cable. These rooms usually face the windows towards the West end, giving students a beautiful view of the athletic fields and the Walter Pyramid.

Next to the main entrance, there is a gym containing three full-size basketball courts with scoreboards and stands. Adjacent to the basketball gym are the two indoor multi-activity courts, which occupy their own room and can be used for both men and women's matches in volleyball, indoor soccer or badminton.

To the right is the 27-ft. rock wall, which looks like a segment ripped straight out of the Grand Canyon. The rock wall has a realistic feel and look, but doesn't sacrifice anything in the safety prevention department. There is a rock wall specialist supervising at all times (which unfortunately makes this the only area in the gym where students have to pay a small fee), and a soft bottom surface and specialized lighting helps prevent injuries.



The 27-foot rock wall is one of the most highly-anticipated features of the SRWC

Upstairs there are several specialized rooms for kickboxing, spin class, yoga, etc. as well as a one-eighth mile indoor track. The track sits on the second floor but has an open center, which allows joggers to look down into the other workout rooms, enhancing the feel of an open workout facility.

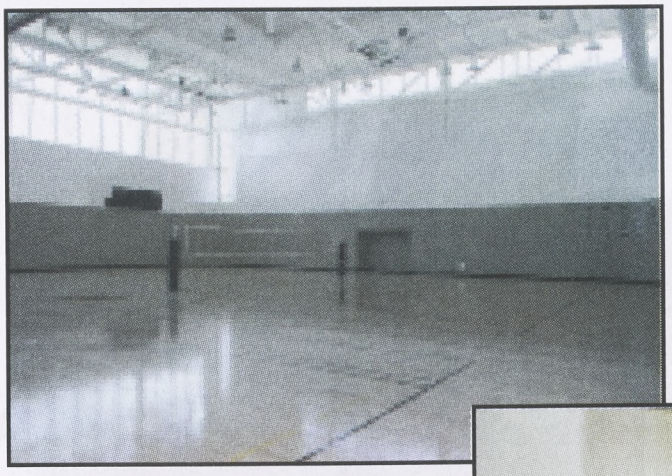
The outside of the SRWC contains a regulation-sized beach volleyball court, which is filled with a specialized sand that helps prevent injuries but still keeps an authentic texture. The aquatic area looks like a design fresh out of a Las Vegas hotel: there is a recreation pool for fun and relaxation, lap pool section for serious swimmers, and a spa, which is large enough to hold 24 people.

The SRWC is not limited to physical-fitness based features. At the front of the entrance is the Fresh Foods Café Express, a full-service food center that is run by a full-time chef and only uses the freshest of ingredients. Among the items on the menu are salads, soups, wraps, sandwiches, breakfast items and smoothies.

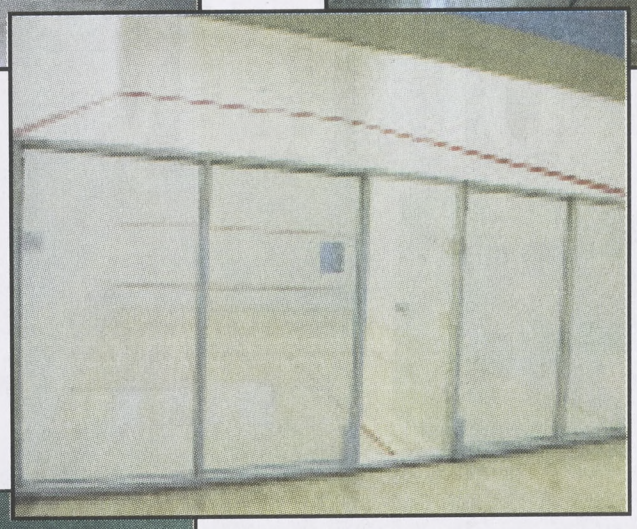
There is also an office at the SRWC run by Student Health Services (SHS), Disabled Student Services (DSS) and Counseling and Psychological Services (CPS). There are programs in place that focus on diet and nutrition, stress management, overall health education, sexual health, alcohol and drug use, men's health, and various other health topics.

"The SRWC promotes several aspects of healthy living, brings students and faculty together, and helps break the trend of a commuter campus at Cal State Long Beach," said Christina Esparza, ASI Communications Coordinator.

One of the greatest aspects of the SRWC is that it is almost entirely student run. There are only seven



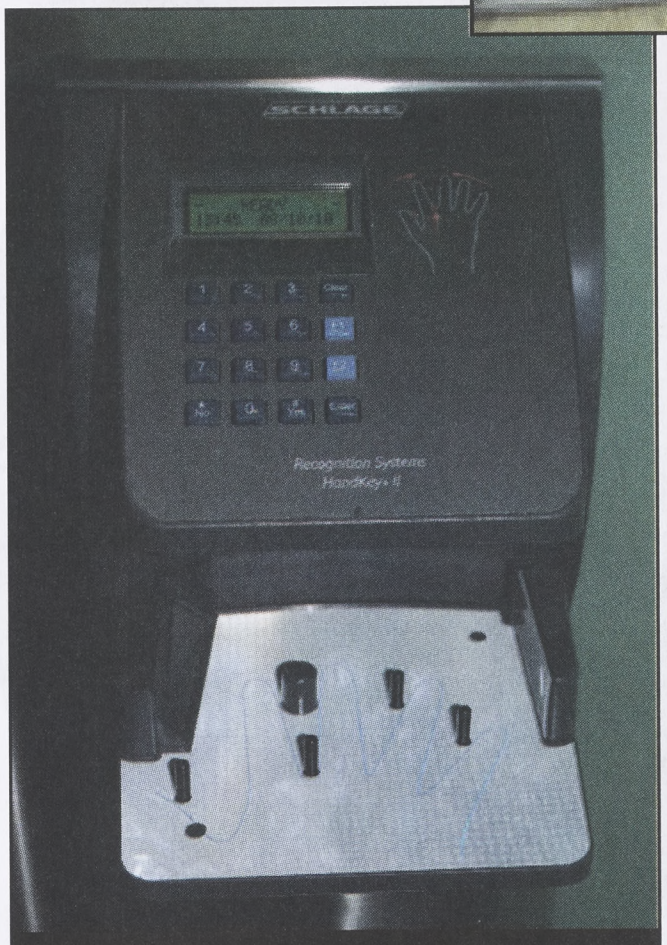




full-time employees, compared to 200 students already on the staff. Students proposed the initial idea, students passed the idea (75%), and by early August more than 10,000 students had already signed up.

"This center will prove to be the most exciting, and possibly the most-used facility on campus," said ASI President James Ahumada. "It's definitely not just a gym; it's more like a community center where everyone in the CSULB community can find something that will fit them."

A few acccommodations include basketball, racquet ball and multi-activity ocurts.



No need to worry about forgetting your gym ID at home, all it takes now is a hand scan.

The excitement of the SRWC is not limited to current students; it will certainly draw attention from prospective students as well. It adds an element to campus life that hasn't been seen at CSULB before, even though The Beach has been one of the most applied to colleges in the country over the last five years.

"The Student Recreation and Wellness Center is a huge selling point for students to come here," Esparza said. "It offers something to everybody—exercise, a beautiful pool deck, great food, even just a place to come relax after class—it will be a major draw for prospective students."

To sign up for the SRWC, visit the SRWC registration room in the University Student Union, Room 201, Monday through Thursday between 10 a.m. – 6 p.m. and Friday 10 a.m. – 3 p.m. At the registration, a SRWC employee will take your biometric hand scan and match it with your student ID.

This past year's $116 tuition increase covers the membership of all current students, and the SRWC also offers associate and affiliate memberships. Associate memberships cost $375 annually or $35 per month, and are for full and part time University faculty and staff, University volunteers, alumni, auxiliary staff, and retired or emeritus faculty or staff.

Affiliate memberships cost $420 annually or $39 per month, and are for people one step removed from those eligible for student or associate memberships. These people include spouses, domestic partners, parents, adult children and adult siblings.

The SRWC welcomes a new chapter at The Beach for the 2010-2011 school year; one that lends itself to a healthy lifestyle and a dynamic and lively campus atmosphere. The benefits in health, fitness, innovation, and campus unity the SRWC offers are immediate, and the structure's long-term impact on the school is profound. The buildup and anticipation has come to an end, now go check out our campus's most significant addition since the Pyramid.



A local taste of Italy

Why Angelo's authentic taste and experience will have you coming back for more

By **Deanna Pitre**

Second St. is known for its fun nightlife, trendy shopping and worldwide selection of restaurants. Tucked in off the corner of Laverne is Second St.'s own little slice of Italy, Angelo's Italian Deli.

Angelo's is an Italian deli and grocery offering an array of sandwiches, deli meats and cheeses, as well as a great selection of pastas, espressos, sauces and wines.

Angelo's features an outdoor patio space in the front with only three tables and red umbrellas. The quaint outdoor setting combined with an authentic sandwich takes customers away from the busy streets of Long Beach and into a mini Italian vacation.

The deli staff puts only the freshest meats and cheeses on its subs, and gives customers the choice of fresh-baked baguettes or ciabatta bread. With a vast wine collection and fridges stocked with authentic Italian sodas and juices, there is a beverage for everyone.

The most popular sandwich on the menu is called the Torpedo. It's a foot-long sub with three different types of meats, including capicola, salami and mortadella. The Torpedo, along with the 26 other Italian subs, is polished off with an oil garlic spread, balsamic vinegar, romaine salad, tomatoes, onions and provolone cheese.

Mike McInoe said his fiancé introduced him to Angelo's and he keeps coming for the Torpedo.

"The sandwiches have everything on it," said McInoe. "They are great for hangovers."

Ben Landis, an Angelo's regular, said it's the taste of the sandwiches that keeps him coming back for more.

"I come here about once a month," said Landis. "I come just for the sandwiches, but if I ever need to cook something I would come here."

To stock up on your deli selection in your refrigerator, the deli is packed with traditional Italian meats and cheeses, including mortadella, capricola, several different salames, provolone, mozzarella and ricotta. The deli also sells pre-made sauces in Tupperware for immediate use as well as imported sauces in jars.

There are 26 different kinds of sandwiches ranging from $6.99-12.99. The sandwiches come in two sizes: the six-inch small and the 12-inch large.

Other favorites on the menu include caprese, mozzarella, eggplant, prosciutto and rosemary sandwiches. Competing with the Torpedo for most popular item on the menu is the Meat Ball, which is a meatball marinara sub topped with melted cheese on a toasted baguette.

There is also a great selection of Italian coffees and espressos including Italy's own lavazza coffee. Angelo's carries Nutella, a hazelnut-based sweet spread, for any college student fresh from traveling abroad who is looking to rekindle that taste.

The wine and beer selection is quite impressive, with selections of different types of red and white wines from Napa and imports from Italy. There is also

a small selection of different types of Belgium beer and ales.

For dessert, don't forget the mini cannoli for $1.50. It's a fried shell stuffed with cannoli frosting and mini chocolate chips topped with powdered sugar. They are the ideal dessert after a huge meat and cheese filled sandwich, since they are bite size.

To make the atmosphere complete, authentic Italian music plays throughout the two-roomed deli while the employees still handwrite orders on butcher paper before preparing each meal.

Angelo's is opened Tuesdays through Saturdays from 10 a.m. to 6 p.m. and on Sundays from 10 a.m. to 4 p.m. It is located off of Second St. so parking can be difficult, especially on weekends.

Angelo's is a true authentic Italian deli with a staff willing to help new comers. Be prepared for busy weekdays, especially during the lunch hour. Angelo's is not only perfect for a satisfying Italian sub for lunch but for picking up ingredients for an authentic Italian dinner.

Angelo's Italian Deli, a quaint slice of Italy tucked in off of Second St., has one of the best deli-style sandwiches in Long Beach.



DIG Calendar

SEPTEMBER

>> Your guide to concerts, on campus events and local happenings.

S	M	T	W	T	F	S
	31	1 Dept of Art Pres. GLAMFA exhibition, art galleries between FA2 and FA3, 12-7p.m.	2 The White Panda @Roxy Theatre, 8:30p.m. $15	3 Women's Soccer vs. Utah State @ George Allen Field, 4:30p.m.	4	
5 Women's Soccer vs. Sacramento State @ George Allen Field, 1p.m.	6 Labor Day CAMPUS CLOSED	7 Dept of Art Pres. GLAMFA exhibition, art galleries between FA2 and FA3, 12-5p.m.	8 Justin Nozuka with Alex Cuba and Ry Cuming @HOB Anaheim 7p.m. $23.75	9 Women's Volleyball, Long Beach State Mizuno Invitational, Virginia vs. San Diego @Walter Pyramid, 7p.m.	10 Women's Volleyball vs. San Diego Long Beach State Mizuno Invitational @Walter Pyramid, 7p.m.	11 Women's Volleyball vs. Virginia Long Beach State Mizuno Invitational, @Walter Pyramid, 7p.m.
12 Last Comic Standing Comics @ Grove of Anaheim, 8p.m. $41.05	13 Karmaloop.com Presents Mike Posner Up in the Air Tour @HOB Anaheim, 7p.m. $33	14 Ashley Foaatoalia CD Release Party @Catalina Bar&Grill, 8p.m. $10	15 Lyfe Jennings @ HOB Anaheim, 7p.m. $34.05	16 Pepper with special guests Shwayze, Pour Habit @Grove of Anaheim, 7:30p.m. $32.70	17 Hanson with a rocket To the Moon @HOB Sunset Strip, 7p.m. $45.60	18 Reggae Boat Party @Grove of Anaheim, 6p.m. $27.60
19 Jonas Brothers in Concert with Demi Lovato @Irvine Meadows Verizon Wireless Ampitheater, 7p.m. $26.45-114.30	20 Rock Sugar @HOB Sunset Strip 9p.m. $8.90	21 Jim Jones Revue @Viper Room 8p.m. $10	22 Stars Go Dim @ Whisky 6:30p.m. $15	23 Hinder @HOB Anaheim 7p.m. $28.90	24 Mack 10 Plus Guests @Key Club 9p.m. $29	25 Muse @STAPLES Center, 7:30p.m. $35-65
26 Vampire Weekend: Beach House: The Very Best @ Hollywood Bowl, 7:30p.m. $23.75-94.75	27 The Black Keys @ Hollywood Palladium, 7p.m. $43	28	29	30	1	2

